

HOPE'S HEALTH HERALD



from your

Winter 2016

Health Ministry Team *Hope Lutheran Church, Plant City*

Document Your Wishes!

Have you made a New Year's resolution yet? Sometimes the smartest idea to choose a "resolution" is right in front of us and we don't even know it.

Nobody likes to think about this, but we are all terminal human beings. As a Christian we know that we have the promise of eternal life in Christ Jesus and that is not going to change. However the body we now have will wear out, break down, or just eventually die. No avoiding it. Medical decisions may need to be addressed: to medically support the body artificially even if there is no chance of recovery or to not intervene? And, who should make that decision? It is a big responsibility for a loved one, especially if the subject has never been discussed with them.

By completing an **Advanced Directive**, you can write your wishes in a document that is legally binding, stating exactly what you want your chosen Health Surrogate to do when you cannot speak for yourself due to permanent unconsciousness (permanent vegetative state), permanent confusion, or permanent dependence without ability to communicate that is irreversible. Palliative measures are still provided such as pain medication, treatments that are for comfort and emotional and psychological peace.

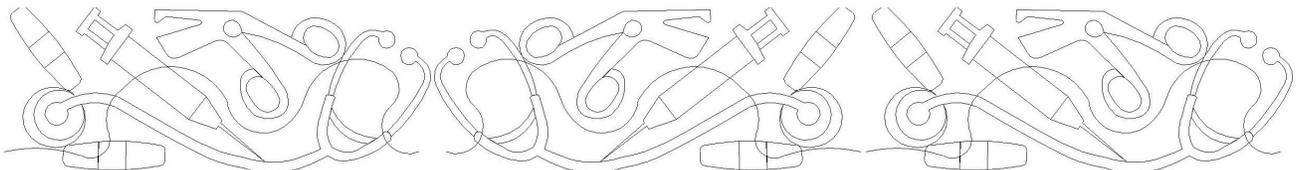
Please consider completing an Advanced Directive. I will gladly supply the form for you to complete with your spouse or health surrogate that you appoint so that no

relative has to "guess" what you would choose to do. Deciding who should be your Health Surrogate is vitally important to make sure they understand that YOU are stating YOUR wishes, not their choices for you. I will gladly meet with you to explain any parts of the form that seem too "detailed" and needs to be described in layman's terms. But **the decision is yours and yours alone!**

The State of Florida does not require the Advanced Directive to be written by an attorney. It only needs two witnesses, neither of which can be your appointed Health Care Surrogate. Usually, this would be a family member who is close to you and understands the trust you are placing in them to follow through with your stated direction. Their "peace of mind" rests in the fact that they do not have to make the decisions...they just agree to abide by them.

I have the forms, a brochure that explains a little bit more about Advanced Directives and a notebook full of answers to your questions. We can sit down at your convenience and discuss your concerns or questions. Some key points are to know who needs copies of your decision, where you should be keeping a copy of your paperwork, and some important points to keep in mind.

Joyce Van Matre, RN
Parish Nurse, Hope Lutheran Church
813-752-4622/ 813-545-4318



Staying Healthy at Hope!

“We’ve been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well being...Whenever serious sickness or injury strikes and your body or mind breaks down, the vital questions are the same: What are your fears and what are your hopes? What are the trade-offs you are willing to make and not willing to make? And what is the course of action that best serves this understanding?”

—ATUL GAWANDE, BEING MORTAL

Cheese Spinach Bake

- 4 eggs
- 1 container (16 oz.) cottage cheese
- 1 pkg (10 oz) frozen chopped spinach,
thawed, well-drained
- 1 cup shredded mozzarella cheese
- 1/2 cup real bacon crumbles
(I used ground ham left over from holidays)
- 1/2 cup green onion slices
(I used 2 TB minced dried onion)
- 1/2 of a medium red pepper, cut into thin strips

Preheat oven to 350 degrees. Beat eggs lightly in a bowl. Add all remaining ingredients except red peppers; mix well. Pour into greased 9-inch pie plate. Bake 40 minutes or until center is set. Top with peppers. (I had to add 10 extra minutes for the center of mine to be set. Ovens vary.) Let set about 5 minutes before cutting into wedges and serving.



*From Nuggets of Hope,
a newsletter for caregiver*

A HEALTHY HINT

If there was a way to prevent Type 2 Diabetes would you be willing to try it? Well, Good news! You can certainly reduce the risk by accomplishing 2 things: #1: reduce your weight to within the range recommended for your height and build. And, #2: Start exercising regularly and stick with it daily. Make sure to clear this with your physician first and discuss with him/her about any classes available to assist you in learning more about your food choices. This will give you a chance to meet others with similar goals and assist you in your decision to stay as healthy as possible. It is never too late to improve your health.

A RIDDLE FOR SMART PEOPLE

Only 5% of Stanford University graduates figured it out!

Can you answer all seven of the following questions with the same word?

- 1. The word has seven letters.**
- 2. Preceded God.**
- 3. Greater than God.**
- 4. More Evil than the devil.**
- 5. All poor people have it.**
- 6. Wealthy people need it.**
- 7. If you eat it, you will die.**

Answer on page 7...



“Is there life after death? As Christians, we know there is. But we also know that there is brain wave activity after death. A researcher reported that dead brains continued to send out signals for an average of 37 hours. The longest brain activity was 168 hours or 7 days.”



NURSE'S HEALTH STUDY (NHS)

Cardiovascular disease, strokes, and heart attacks remain the leading cause of death among men and women in the US. Premature occurrence of these conditions may be largely

avoided with a healthy lifestyle and a healthy diet. A large part of the research done on cardiac health has led the Harvard Health Study team of physicians, Scientists, and dietitians to develop a Healthy Heart Score (www.healthyheartscore.com) from data collected over the years from the Nurse's Health Study (of which I have been a part for half of my life!) and the newer group, Health Professionals Follow-up Study of men. I encourage you to take the time to calculate your own healthy heart score.

The Study tracked the development of Cardiovascular Disease (CVD) in healthy participants over a 24 year period, including 61,025 women (3,775 of these women developed CVD) and 34,478 men (3,506 developed CVD). The 9 critical diet and lifestyle factors that predict CVD development that were used to measure increased risk were: smoking, excess body weight, sugary/sweet beverages, and red and processed meat. The lifestyle factors that were measured to predict a decreased risk for CVD were: fruits and vegetables, exercise, nuts, whole grains and alcohol (in moderation). You can calculate your heart score on the website and receive an assessment with recommendations to maintaining and improving your cardiovascular health.

Here are some more "newsy" items from the NHS:

Studies have been done that show a higher coffee intake is associated with a lower risk for Type 2 Diabetes. The data collected from the groups

mentioned (NHS and HPFS) showed that drinking more than one cup of coffee per day had an 11% lower risk of diabetes compared to those who made no change, while those who lowered their daily intake by more than a cup had a 17% higher risk of Diabetes. Whether the coffee was caffeinated or decaffeinated did not effect changes in the risk for Diabetes.

By adhering to the Mediterranean Diet, biomarkers called Telomeres (biomarkers of aging), were lengthened indicating adherence to the Mediterranean diet may promote health and a longer life.

Diet also made an impact on hearing loss and tinnitus (ringing in the ears). The study found that women who ate two or more servings per week of any type of fish or shellfish had a 20% lower risk of hearing loss compared with those who rarely consumed fish. They also found that those who consumed less caffeine than 1 cup of coffee/day with those who consumed 3-4 cups/coffee had a lower incidence of tinnitus.

Dietary Guidelines Report for 2015 includes changes that are based on many years of research and includes the findings from the Nurses' Health Studies. The guidelines coming out later this year will stress eating more fruits, vegetables, low fat dairy, whole grains, legumes, nuts and seafood; less salt, sugar and refined grains. Recommendation to eat less red and processed meats, less saturated fat was also included. However, one of the big issues was reducing the restrictions on egg consumption. They are now saying that blood cholesterol is not strongly affected by dietary cholesterol. They do recommend that we get the fat that we eat from vegetable oils, nuts, seeds, and avocados and not saturated fats such as butter. For more information on the study results, the website is: www.health.gov/dietaryguidelines/2015-scientific-report.



A PAIN IN THE NECK

Interesting thoughts on neck pain from the Parish Nurse in Sheboygan, WI:

Mild neck pain can develop from sleeping in a the wrong position, working in one spot on your computer, or just from age related aches and pains.

There are some remedies you can try to relieve the pain that are simple and can alleviate the aches.

If the pain is not alleviated with mild pain medications such as Ibuprofen after a few days or the pain becomes unbearable, you will need to consult with a physician. If the stiffness is coupled with fever, chills, loss of function in arms and hands, or a recent event such as a car accident or infection, please see your doctor.

However if it is just “a pain in the neck”, try some range of motion exercises such as neck tilts to the sides, slowly and stretching the neck muscles slightly. Then, try lowering your chin to your chest and hold this position for a few seconds, stretching the neck muscles gently.

Additionally:

There are treatments that your doctor may want you try if the pain persists, such as a physical therapy consultation to see if cervical traction would be helpful.

Invasive treatments such as steroid injections or Botox injections should be regarded carefully, and if recommended by your physician, be sure to ask questions such as: What results should you expect? how long does the therapeutic effect last? Do the injections need to be repeated? What are the side effects? With the steroid injections, there is a limit and timeframe that they are given to avoid damage to the bones. These injections are usually done by an orthopedic surgeon or a neurosurgeon.

FROM DR. OZ AND DR. ROIZEN: CHANGING FAT CELLS

Fat cells come in three varieties:

- Brown fat cells: keep body temperature stable and metabolize the fuel you consume.
- White fat cells are for storage.
- Beige cells do store fat, but they can metabolize fuel, like brown fat cells and can be created from white fat cells when your body needs fuel.

Regular exercise helps you shed white fat. But you may need extra help with “fat busting”. In a study done by Japanese researchers, they found that a daily dose of omega-3 DHA (from fish oil) activates receptors in the digestive tract, fires the sympathetic nervous system and induces white fat storage cells to turn into fat-burning beige cells. So, the recommendation is to take 900 mg daily of DHA omega-3 algal oil instead of fish oil, because algae is where the fish get their omega-3s.

The theory is that if you exercise PLUS take the algal DHA omega-3 oil, you’ll slow down the accumulation of white fat and shed more weight. In addition you will lower your blood triglycerides and increase you good HDL cholesterol.

FOR YOU, Tampa Trib. Jan 23, 2016

CONCORDIA PLAN SERVICES

Steve Gruenwald is the Health and Wellness Educator of Concordia Health Plans. He offers some ideas to improve your healthy lifestyle:

- ◇ Park further from your destination than necessary and walk.
- ◇ Use a pedometer or FitBit to track your steps for a week and try to increase your weekly total for the next six weeks.
- ◇ Start a lunchtime “walking club” and walk for 15 minutes
- ◇ Use every opportunity to walk rather than sit in one position at work.
- ◇ Ride your bike to run errands.
- ◇ Keep hand weights handy so that you can use them while watching TV.
- ◇ Eat slower
- ◇ Drink water instead of soft drinks
- ◇ Limit portion size, share dessert with someone or don’t have any, limit snacks.
- ◇ Avoid fried foods.

TIPS FOR TAKING AN ACCURATE BLOOD PRESSURE AT HOME

Make sure the cuff is the proper size for your arm. If you need a larger cuff and use the smaller size, your reading will not be accurate.

Take your blood pressure (BP) in the morning before you take your medication, and then again in the evening.

Do not take BP as soon as you awaken. Prepare for your day, but do not eat or take medications before you measuring your BP. Be sure if you are taking your BP, hold off on any exercise until after you have taken it.

Hold off on coffee, food, tobacco and alcohol for 30 minutes before taking BP. If you need a bathroom break, take it before a BP reading. It can make a slight difference in the reading.

Sit quietly before taking BP. It is recommended that you sit relaxed in a chair with minimal stress for 3-5 minutes.

Make sure your arm is positioned properly when measuring: Rest arm, raised to the level of the heart, on a table, desk or chair arm. You may need to place a pillow under the arm to elevate it high enough. Place the cuff on bare skin and not over clothing.

Do not talk during the BP reading.

THINGS YOU CANNOT CHANGE THAT CAN RAISE YOUR BLOOD PRESSURE:

- ◆ AGE
- ◆ DIABETES
- ◆ HEREDITY
- ◆ RACE
- ◆ SEX

THINGS THAT YOU CAN CHANGE TO LOWER BLOOD PRESSURE:

- ◆ CIGARETTE SMOKING
- ◆ ELEVATED CHOLESTEROL
- ◆ OBESITY
- ◆ STRESS



EXERCISE TERMINOLOGY

The National Institute of Aging puts out a lot of information on health related subjects that can be ordered on their website or by telephone. Several years ago we handed out these wonderful educational books to anyone who was interested in learning about how to take care of their bodies through exercise. Here is an explanation of the words used to describe various types of exercise:

- You probably have heard the term “aerobic exercises.” These activities increase your heart rate and breathing for an extended period of time. They are endurance exercises.
- The term “cardiovascular” refers to your heart and circulatory systems.
- The term “frailty” used in connection to exercise generally describes a person who has severe muscle loss from many years of inactivity. This condition limits their ability to perform everyday tasks.
- When we use the term “independence” it refers to older adults who are independent and able to live on their own. It doesn’t mean you do all things alone, but you are able to manage all daily tasks yourself, and enjoy your leisure activities to the full extent possible.
- When you exercise to build muscle, the terminology used is “resistance training,” “weight training,” or “weight lifting.”
- What is the difference between physical activity and what is considered “exercise?” A physical activity is any voluntary body movement that burns calories. Exercise is physical activity that follows a planned format. It’s done with repeated movements, with the goal of improving or keeping up one or more specific areas of physical fitness.

The website for the National Institute of Aging is:
www.nia.nih.gov.

I have ordered 10 copies of this nice book on exercising which also allows you to track your progress. If you would like a copy, please call me at church, 813-752-4622 and leave a message for Parish Nurse to reserve your copy! It’s **FREE!**

Corrie Ten Boom: *“I have held many things in my hands, and I have lost them all. But whatever I put in God’s hands, that I still possess.”*

The following article was taken from the MDVIP Newsletter. It is the best and most logical explanation of “how to become diabetic” step by step—or how to avoid becoming a diabetic by putting yourself to work on preserving the body God gave you. Diabetes cannot always be avoided, but it can be controlled with a lot of hard work on your part.

The Real Cause of Diabetes

BY: DR. LOUIS MALINOW, MDVIP | NOVEMBER 16, 2015

Is there anyone with pre diabetes or diabetes out there? Although pre diabetes and diabetes may sound like different conditions, the reality is, they are actually the same disease with the same risks. Yet, many people don't take controlling their blood sugar seriously until they are actually diagnosed with diabetes.

What causes diabetes? It's high blood sugar, isn't it? Actually, it's not.

Diabetes is a disease caused by excess INSULIN, NOT excess blood sugar. In other words, high blood sugar is a symptom, but not the root cause.

Insulin is the hormone responsible for reducing blood sugar. In order for insulin to work, our tissues have to be sensitive to its action; otherwise, tissues become resistant and insulin struggles to clear out sugar from the blood. As insulin resistance sets in, the first organ to stop responding to insulin is the liver, followed by the muscles and eventually fat. How does insulin resistance begin? The root of the problem is our diet.

After eating carbohydrates, the carbs break down into sugar, trigger the pancreas to produce insulin and are then stored in liver and muscles. However, there is a limit to the amount of sugar the liver and muscles can store. The easiest way to understand this is to think of your liver and muscles as small closets without much storage space. If sugar keeps coming in, the closet will quickly fill up.

As a result, insulin escorts the excess sugar that cannot “fit” into the liver and muscles into fat cells, where it is converted into fat and stored. And since eating carbohydrates ultimately raises insulin levels, “carbavores” can count on having enough insulin for this process.

But what happens when fat finally becomes resistant to insulin? For instance, what if a lot of sugar is outside of a fat cell but can't get inside to be stored as fat? The sugar will remain in the blood. This causes your blood sugar to begin rising – AKA prediabetes and diabetes.

How can you keep your tissues sensitive to insulin? Eat a diet lower in carbohydrates, move and stay lean. This means that the more cereal, bread, rice, pasta and potatoes that you eat, the more likely you are to provoke insulin resistance.

So, if your doc says that you're a pre diabetic, it means that everything I just explained has ALREADY happened and you're insulin resistant. By the way, 20 percent of people with sugar issues are thin and referred to as metabolically obese or “skinny fat.”

Remember, as long as your insulin level is elevated, you

can't burn fat and will likely struggle to lose weight. What's a good insulin level? Although less than nine is reasonable, the lower number the better. Any doctor can order this test and it should be done fasting.

OK, so your insulin level is high. How can you lower it? You'll have to reduce your intake carbohydrates. If you want to keep track, shoot for less than 100 grams daily. Below are approximate carbohydrate grams for a few common foods.

- 1 bagel = 50 grams
- 2 pieces of bread = 30 - 35 grams
- 1 ripe banana = 25 - 30 grams
- 1 bowl of grapes = 25 - 30 grams
- 1 bowl of berries = 5 grams

Foods like butter, coconut oil, avocado and the fat in nuts and meats have ZERO effect on insulin level and on weight in general. You may be surprised to learn that protein raises insulin; so, if you're a carbavore and eat a lot of sugar/starch, your body is probably very efficient at converting excess protein to sugar.

Can you “exercise your way” out of this problem? Sometimes you can; however, the key is exercising properly. For younger patients, it is best to exercise briefly and intensely. Within the first 20 minutes of intense exercise, your body burns its sugar stores, which are hanging out in liver and muscle again. After that, you start burning fat. Although this sounds good; and to some extent it is, if you spend hours running or exercising excessively, you train your body to burn fat efficiently, which subsequently lead to also training your body to store fat efficiently.

Alternatively, if you hit it really hard for 20 minutes or so, you may never enter the fat burning phase of exercise. Consequently, your body becomes more efficient at storing sugar (in the form of glycogen) in your liver and muscles, where it is needed, as glycogen is the muscles' primary fuel source. If your body is efficient at storing and using of glycogen, it means that it is not storing fat.

However, if it is not recommended that you exercise intensely, consider walking or using the elliptical machine. When developing an exercise plan always factor in your limitations and safety.

The take home message is that exercise lowers insulin levels, which is why IT LEADS TO WEIGHT LOSS. You're not sweating off the fat. In fact, the intense exercise can have a residual fat burning effect that can last up to TWO DAYS!



PRESERVE YOUR MUSCLES!

You probably do not need me to tell you that we lose muscle tissue as we age; you know you are not as strong as you were in your 20's or 30's. There is a medical term for this muscle loss; it is called **sarcopenia**. The reason for the sarcopenia is our sedentary lifestyle and just plain aging. We stop making new muscle tissue as we age even if we are active and "work out" routinely with aerobic exercises. Genetics and gender also enter into the equation. Because women start out with less muscle mass and strength than men have, they age much weaker. This can definitely impact their ability to live independently in their final years.

SO, WHAT DO WE DO TO PRESERVE MUSCLE TISSUE?

Your muscles burn most of the calories your body uses and muscle burns calories at a higher rate than fat tissue does. So, the less muscle you have the fewer calories you burn and your body stores the extra calories as fat. What to do?

Resistance exercises can preserve muscle strength. Men and women in their 40's and 50's can **lose** up to 12% muscle mass per decade. You can **increase** muscle strength by **40%** with resistance exercises.

YOU CAN ACTUALLY REVERSE 2 DECADES OF MUSCLE LOSS AND DETERIORATION IN 2 MONTHS WITH RESISTANCE TRAINING!

Think about how that can impact your health!

Another important part of muscle preservation is to eat an adequate amount of protein (measured in grams) in the diet daily. Your daily protein target intake (in grams) should be about half your weight (in pounds). For example, if you

weigh
200#,
your
protein
intake
should
be about
100

grams daily. Get used to reading the nutrition labels on grocery items where it lists the amount of protein per serving. This is higher than the Recommended Dietary Allowance, but in order to gain lost muscle tissue, studies have shown that if you exercise your muscles, you will need to increase your protein intake.

If you would like more information on this subject, here are some websites for you:

www.nutritionaction.org
www.strongwomen.com

(Information for this article was obtained from the "Nutrition Action Health Letter", April 2007.)

The answer from page 2 is:

NOTHING!

NOTHING has 7 letters.
NOTHING preceded God.
NOTHING is greater than God.
NOTHING is more Evil than the devil.
All poor people have **NOTHING**.
Wealthy people need **NOTHING**.
If you eat **NOTHING**, you will die.



"Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Joshua 1:9

The gift of God is eternal

Life

The wages of sin is



JOYCE VAN MATRE, R.N., PARISH NURSE

HEALTH MINISTRY TEAM

813-752-4622 † HOPEPCNURSE@GMAIL.COM



HOPE LUTHERAN CHURCH † 2001 N. PARK ROAD † PLANT CITY, FL 33563